

## How to Keep Me Safe:

- Teach me consistent seat belt use.  
Be a role model.
- Remind me to always wear a bicycle helmet  
when cycling or sledding.
- Teach me how to cross a street safely.
- Discuss “good and bad touch” with me.  
Encourage me to tell you if any touch makes  
me feel uncomfortable.
- Teach me how to swim and how to be safe  
around water.

This information lists activities and normal signs of growth and development that most children will be able to do during this time period. If you have questions about your child's performance or growth and development, contact your health care provider or local health department.

It is important that children have regular health checks at the ages of 2 weeks, 2 months, 4 months, 6 months, 9 months, 12 months, 15 months, 18 months, 2 years, 3 years, 4 years, 5 years, 6 years, 8 years, 10 years, 12 years, 14 years, 16 years, 18 years, 20 years. For information on medical coverage, contact your local community service office. If you have medical coupons, ask your doctor or health care provider for a “Healthy Kids” or EPSDT screening.

## How I Grow



6  
Years  
Old

## How I Develop:

- I like chasing games, putting on plays, comics, painting, cutting, puppets and rhymes.
- I can tell complicated stories and jokes.
- I am ready for new skills, like swimming and skating.
- I may test my new ideas and behaviors in a safe home environment.
- How I feel about myself depends on how you feel about me and what I do.

## How I Act:

- My decisions may still be based on how I feel or what I want, instead of things you have told me to consider.
- I experience anger, fantasies and sibling rivalry.
- When I say I did not do something that I have done, I am not intentionally lying. I still believe that if I say it did not happen, that maybe it did not really happen.

## How You Can Help Me Learn:

- Adults in my world (teachers, daycare workers, parents) must communicate to me their expectations. Sometimes I get confused if expectations differ.
- Let me try out new ideas or behaviors and kindly give me guidance. Help me learn what is acceptable.
- Praise me for trying new skills, even if I am not doing them well.
- I learn more from role models than from talk, so if you hope I do not start smoking, I will learn best if you do not smoke.



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**Sincerely,**

**Health Education Resource Exchange Web Team**